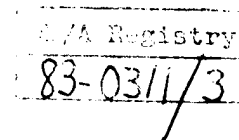


ROUTING AND RECORD SHEET				
SUBJECT: (Optional)				DD/A Registry 83-0311/3
FROM:		EXTENSION	NO.	
Director of Medical Services 1D-4061 Hqs. <i>RAJ</i>			DATE 3 March 1983	
TO: (Officer designation, room number, and building)		DATE		OFFICER'S INITIALS
		RECEIVED	FORWARDED	
1. <i>DDA</i> 7D-18 Hqs.	3 MAR 1983	3 MAR 1983	<i>A</i>	<p>Orig to 1: The attached represents four options for the Physical Fitness Facility for the new building. Would appreciate your comments and suggestions.</p> <p><i>To 3 - let's discuss at your convenience</i></p> <div style="border: 1px solid black; width: 150px; height: 60px; margin: 10px auto;"></div> <p>DD/A REGISTRY FILE: <u>45-8</u></p>
2. <i>AOOA</i>		14 MAR 1983	<i>9</i>	
3. <i>OOA</i>	14 MAR 1983		<i>2</i>	
4. D/OMS 1D-4061 Hqs. <i>OBE</i>				
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STAT



18 February 1983

MEMORANDUM FOR: Executive Officer/OMS

FROM:



Clinical Activities Division/OMS

STAT

SUBJECT: Physical Fitness Program

1. In 1799 James Easton published a volume on human longevity; he noted that "an idler never attains a remarkable old age." This astute observation is even more applicable today in view of our current knowledge of basic physiology and structured exercise. A structured exercise program has beneficial cardiovascular and metabolic effects and, in addition, enables an individual to perform routine physical tasks with a minimum expenditure of energy and still have a reserve for stress situations.

2. Sensitive to the beneficial effects of physical fitness, the Labor-Management Group Position Papers on Health Care Costs recommended in 1978 that private industry "make health education programs available to all employees" and "support the development of programs that improve health status." Private industry responded to this recommendation in a laudable fashion. One of the most elaborate physical fitness programs was developed by the Xerox Corporation in Leesburg, Virginia. This facility includes athletic fields, a swimming pool, two gyms, tennis and racketball courts, a weightlifting room, and many wooded areas for jogging. Other large corporations responded in a like fashion.

3. The Office of Medical Services is also cognizant of the beneficial effects of structured exercise. The construction of a new building offers the opportunity to again propose and hopefully implement a structured exercise program under the aegis of the Office of Medical Services. If the Agency sponsors a meaningful program, our staff would have to be augmented by a minimum of one half-time contract GS-15 sports medicine physician, two full-time exercise physiologists, and two full-time physical education types.

4. The Office of Medical Services, therefore proffers for consideration four alternative physical fitness programs:

a. Program I. This program would include a Parcourse, a four lane olympic size swimming pool, two racketball courts, and one physical fitness room. This is an elaborate program and would necessitate considerable pre-planning and, if implemented, would task all the resources of the Office of Medical Services.

b. Program II. Elimination of the Parcourse would diminish total cost and leave outside physical activities to the discretion of the participant. The other facilities in Program I would remain in this program. In 1980 the Clinical Activities Division of the Office of Medical Services proposed the installation of a Parcourse. The estimated cost at that time was \$32,000. Allowing for inflation, the cost for construction would now be approximately \$42,000. This program, therefore, would save by this amount.

c. Program III. This program would eliminate all activities, except for the two racketball courts and the fitness room. Again, the activities of this program would task the professional responsibilities of the Office of Medical Services.

d. Program IV. This is the least attractive and desirable of the four programs. This program would eliminate all the activities in the other three programs, except for the physical fitness room. This program, of course, would be the least expensive.

5. We encourage the Agency to give serious consideration to the advantages of a physical fitness program. Such a program can be justified on the basis that several components within the Agency must maintain physical fitness readiness in order to accomplish their mission. With an augmented professional staff and appropriate funding, the Office of Medical Services can supervise a physical fitness program which will be a great asset for the Agency.

STAT